

Diary of Activities for November 2019 THANET

| Date | Running | VENUE | GROUP/ACTIVITY | Details |
|---------------------------------------|----------------|--|--|--|
| Every Monday 11.30 – 1.30pm | Weekly | St John's Community Centre, Victoria Road, Margate CT9 1LN | Monday Peer Support Group | A weekly peer led group where members can meet up, have a cup of tea/coffee, discuss various issues, take part in quizzes and invite guest speakers etc. Cost: £1.00 donation for refreshments. |
| Every Tuesday @ 2pm – 4pm | Weekly | The Media Centre, 11-13, King Street, Margate. CT9 1DA | Computer Group | A weekly drop-in computer group for all your IT needs. Bring your own device or use the ones provided – beginners welcome! Cost: £1.00 donation for refreshments. |
| Every Tuesday 11.00 – 1.00pm | Weekly | The Media Centre, 11-13 King Street, Margate CT9 1DA | PERDI – Personality Disorder Peer Support Group | This peer support is for people living with a personality disorder diagnosis in Thanet. Weekly group sessions and workshops providing the opportunity to meet and connect with others to share and support each other in a safe and friendly space. |
| Every Wednesday 11.30 – 1.00pm | Weekly | The Media Centre, 11-13 King Street, Margate CT9 1DA | Points of View Group | A weekly peer led group where members can meet up over a cuppa and discuss a variety of different topics. Cost: £1.00 donation for refreshments. |
| Every Wednesday 1pm – 3pm | Weekly | The Media Centre, 11-13 King Street, Margate. CT9 1DA | The Safe Haven Gardening Group | The opportunity to enjoy a spot of gardening with others in SpeakUpCIC's lovely sheltered garden area. NB: if the weather is bad, gardening themed activities take place indoors. |
| Every Thursday @ 1.30 – 3.30pm | Weekly | Druid's Social Club, Unity House, Percy Road, Margate, Kent, CT9 2DR | Music Appreciation Group | Music is one of the greatest therapies for helping to lift our mood and raise our spirits. This group is for people who want to meet up with others to socialise and share their favourite music. Just bring along a piece of music/song that means something special to you (on CD) and join us for a chat, cuppa, sing-a-long and a dance (if the mood takes you)! |
| Thursday 21 st @ 4.00pm | Monthly | The Promenade, Margate. (Next to Margate Station) | LGBTQ Peer Support Group | Are you a LGBTQ Mental Health Service User? Our monthly meet ups provide the opportunity to socialise, share experiences and make new friends. |

For more information on our service or activities please contact the Office:

The Media Centre, 11-13 King Street, Margate, Kent. CT9 1DA Tel: 01843 448384 Email: kay@speakupcic.co.uk Registered CIC no. 7530955

Diary of Activities for October 2019 THANET

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| Every Friday @ 10am – 2pm | Weekly | Windmill Community Gardens, Margate, Kent | Wellbeing Project | Cost: Entry and Refreshments Free. Take part in this fantastic opportunity to get involved in a local community gardening project, improve your fitness and mental wellbeing out in the fresh air. Please speak to David if you would like to take part in this group and would like further information. |
| Every Saturday and Sunday @ 12 – 3pm | Week-ends | The Media Centre, 11-13 King Street, Margate. CT9 1DA | SpAce – Art & Craft Peer Support Group | The opportunity to enjoy and take part in a variety of art-based activities with other people in a friendly and supportive environment. All materials and refreshments are provided. |
| The last Friday of every month | Monthly | The Media Centre, 11-13 King Street, Margate. CT9 1DA | Family Circle – drop café for carers | An informal drop-in for people who care for loved ones living with a mental health condition providing the opportunity to chat over a cuppa. Cost: Donation towards refreshments. |
| Friday 8 th November @ 6pm. | Monthly | The Temperance Art Gallery & Café, High Street, Ramsgate CT11 9RJ | Weekend Peer Support Activity Group | A group activity/outing (which is agreed by members in advance) providing the opportunity for people to meet with others and take part in social activities. <i>[NB: people pay <u>only</u> if there is an admission fee for a particular activity].</i> November's activity is an outing to Amanda Godley's art exhibition opening night. Anyone wanting further information please call Maggie or Kay at the office. |
| Ongoing | 24/7 | | On-line Peer Support Groups | Closed on-line peer support groups which are moderated by staff and volunteer peer support mentors. Night Owls – for people who have trouble sleeping at night and who would like to chat with others in a safe place. PERDI Personality Disorder Peer Support Group – for people living with a PD diagnosis who want to link with others to share news, views and experiences etc. <i>Anyone wishing to join these closed groups please email: Maggie@speakupcic.co.uk</i> |
| Ongoing | | | Service User Engagement and Outreach Support | Do you have something to say about local mental health services or have issues to report? David and John will listen and take forward your feedback. Telephone: 01843 448384 or email: feedback@speakupcic.co.uk. |

These groups and activities are open to SpeakUpCIC members. If anyone wishes to become a member, please contact the office: 01843 448384 to arrange a risk assessment.